CLAIMS

1. Board for gliding (1) having an underfoot zone (2), intended to receive the foot or feet of the user, extending toward the front via a front zone (4) and to the rear via a rear zone (3), and the structure of which includes:

- a lower assembly (10) comprising the gliding sole (11), the edges (12) and an optional lower reinforcement (13);
- an upper assembly (6) comprising the protective upper layer (7) and an upper reinforcement (8);
- an intermediate core (15) placed between the lower (10) and upper (6) assemblies;

characterized in that it includes a plate (25) located in the region of the underfoot zone and capable of being displaced in the direction of the lower assembly (10) through the effect of a pressure exerted by the user's foot and at least one longitudinal rigid arm (20-23), housed inside the structure of the board, traversing at least most of the thickness of the core (15), the end (40-43) of the arm furthermost from the underfoot zone bearing on the lower face of the core (15), on the lower assembly (10) of the board, the end (30-33) of the arm closest to the underfoot zone bearing under the plate (25), in the vicinity of the user's feet, so that the forces exerted by the user on the upper surface (9) of the board in the region of the underfoot zone (2) of the board are transmitted directly toward the lower surface of the board via the end of the arm (20-23) oriented in the direction of the lower assembly (10) of the board.

2. Board according to Claim 1, characterized in that the arm (20-23) includes, at least at one of its ends, a support buffer (40-43) for distributing the forces transmitted by the arm (20-23).

3. Board according to Claim 1, characterized in that it includes an arm (63) located in front of the underfoot zone and oriented in the longitudinal axis of

the board, said arm (63) being equipped at its end (65) furthest from the underfoot zone with a transverse buffer (67) for distributing the forces transmitted by the arm (63) over a substantial part of the width of the board.

4. Board according to Claim 3, characterized in that it also includes a second arm (64) located to the rear of the underfoot zone and oriented in the longitudinal axis of the board, said second arm (64) being equipped with a transverse buffer (67) for distributing the forces transmitted by the arm (64) over a substantial part of the width of the board.

5. Board according to Claim 1, characterized in that it includes two arms (20, 21) which are substantially parallel, located to the front of the underfoot zone, the two arms being offset transversely.

6. Board according to Claim 5, characterized in that it also includes two supplementary arms (22, 23), the two supplementary arms being parallel, offset transversely and located to the rear of the underfoot zone (2).

7. Board according to Claim 1, characterized in that the plate (45) is located above (9) the upper assembly (6) of the board.

8. Board according to Claim 1, characterized in that the plate (25) is located in a housing (26) provided for this purpose in the core (15) of the board.

9. Board according to Claim 1, characterized in that the plate is located inside the core at the top.

10. Board according to Claim 1, characterized in that the plate (25) includes at least one layer (27, 28) of elastic or viscoelastic material arranged over at least one of its faces so as to allow a displacement of said plate.

11. Board according to Claims 1 and 4 or 6, characterized in that the arms (50) located to the front and to the rear form part of a single piece (52) extending under the plate (53).

12. Board according to Claim 1, characterized in that it includes two arms (81, 82) located to the front or to the rear of the underfoot zone, the two arms intersecting.

13. Board according to one of Claims 1 to 12, characterized in that the arms are covered with a layer of elastic material which confers on them a certain capability for displacement with respect to the core.

14. Board according to one of Claims 1 to 12, characterized in that the arms are housed inside sheaths in order to allow them to slide.

15. Board according to one of Claims 1 to 14, characterized in that the arms have a revolution-type form.

16. Board according to one of Claims 1 to 14, characterized in that the arms have the form of a blade of rectangular section, the larger side of which is perpendicular to the sole of the board.